TheFLYER

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Salisbury University budget cuts impacting campus life

K.B. Mensah / News editor



Academic Commons / Brendan Link image

CUTS– While the operating budget at Salisbury University has grown, many departments have faced blind budget cuts forcing the cut back on hours and amenities.

The semester marks the beginning of cuts to operating hours for many facilities frequented by students on campus, including the Guerrieri Academic Commons (GAC), the University Fitness Center (UFC), the Maggs Physical Activity Center and the tennis centers.

But not everyone is aware of these reason behind these budget changes.

For heads of departments like UFC Director Josh Krauss, the cuts come at a surprising time with no explanation.

"I have gotten no word as to why we had to do it, the reason for it, or where it originated from," Krauss said. "All I know is that I had a large chunk of money removed from my budget. So then we couldn't offer to keep the facility open for the given payroll that we were trying to work with."

Many students were not informed of the changes to facility hours, such as junior Dalencia Jenkins.

Jenkins is a student ambassador and tour guide at SU and was not informed of the changes to the GAC hours before giving tours this semester.

"It definitely impacts me when I'm giving tours because I didn't even know that the library's hours were cut," Jenkins said. "I always tell groups that the library is open 24 hours and that's one thing that they're really excited about. And now that I know, I have to tell them that's no longer available."

These changes come as part of an effort by the SU administration to be a "better steward

Budget cuts / page 3

Salisbury University students blaze trails in hemp research

K.B. MENSAH / News editor

HEMP RESEARCH – A pungent smell and onlookers' gasps permeated the air in the Guerrieri Academic Commons on Aug. 29.

The offending odor wafted from a set of potted hemp plants on display.

But, as Dr. Mark Holland, professor of biological sciences here at Salisbury University, will tell you, these aren't drug plants.

This summer, SU students were able to partner with budding hemp growers across Maryland to help grow hemp and test the effects of a probiotic developed here at SU.

Participants like Josey McGoldrick, a recent graduate, Jamie McBain, a junior, and Sara Collins, a senior, all had plenty to say about the pilot program.

"I'm definitely super grateful. I loved doing a project that was one of the first. I think that's really hard sometimes in science, and it's really nerve-wracking if you want to get into research and you feel like everything's already been done," Collins said.

Both the federal Agricultural Act of 2014 and Maryland's House Bill 698 (2018) gave way to the establishment of the Maryland Industrial Hemp Research Pilot Program.

The Maryland Industrial Hemp Research Pilot Program requires that every hemp grower partners with a public university with a specific research program.

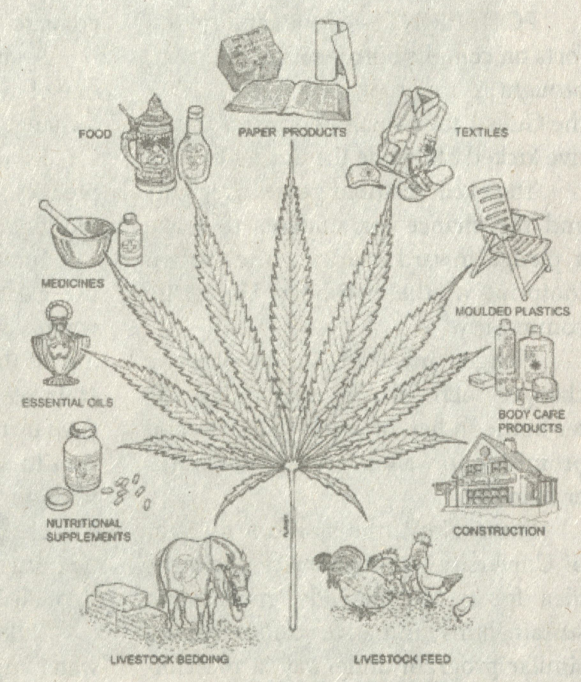
Working alongside growers provided them a chance to exchange knowledge. As biology researchers, they were no strangers to mutually beneficial relationships.

"They would always ask us questions like we were the experts, but we were really learning along with them," McBain said."The farmers really gave us a lot of freedom to be on their property, which was amazing.

The preliminary results were mixed. The results indicate that the probiotic PPFM, short for pink-pigmented facultative methylotrophic bacteria, might speed up the germination process.

However, there was no significant difference in the growth rate of the experimental plants versus the growth rate of the controls.

The project plans to expand its score. Future experiments will test PPFM and hemp in a variety of ways, such as examining its effects on mold and cannabidiol production.



Featured photo from Purdue University, Department of Horticulture and Landscape Architecture.

Hemp has many uses, and is often referred to as a "miracle plant." Hemp is commonly used in rope, textiles, clothing and progressively, in foods and alternative medicine.

You may have seen a sign for "CBD oil" crop up somewhere recently.

CBD, or cannabidiol oil, is derived from hemp plants, and early signs of research indicate that CBD can be used to address a medley of wellness issues, such as anxiety, chronic pain, a loss of appetite and even acne.

The difference between hemp and marijuana is all in the tetrahydrocannabinol, or THC, content.

THC is the psychoactive compound in marijuana that produces the "high". When crops have more than a 0.3 percent THC content, they are no longer considered hemp plants. ■

ABOUT

The Flyer is Salisbury University's student newspaper — composed by students for students. The organization was established in 1973 to keep the SU community informed and entertained.

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The Flyer strives for accuracy and corrects its errors immediately. If you believe a factual error has been printed, feel free to contact staff. Thank you.

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NEWS

HIGHLIGHTS SALISBURY UNIVERSITY'S BUDGET CUTS IMPACTING CAMPUS LIFE / p1

The spotlight is on SU faculty at The Brick Room

SOFIA CARRASCO / Editor-in-chief

FACULTY – Friday evenings in Downtown Salisbury just got a little more musical as Feature Fridays return to The Brick Room.

Over 80 people gathered in The Brick Room, on Sept. 13, located at 116 N. Division St., to watch trombonist Lee Knier of Salisbury University's Music, Theatre and Dance Department perform with friends.

"How many people came out today just to see if I had any friends?" joked Knier, setting the tone for the evening.

This was Knier's second year performing in Feature Friday, and with every song, he brought up a different musical guest from the university or the community.

From slow orchestral songs featuring the trombone to lively New Orleans jazz with banjos, trumpets, saxophones and percussion, Knier had the audience's full attention.

For Knier, these are more than just performances — it's a time for him to do what he loves with his friends and colleagues all around him.

"It different, and I mean that in a good way," Knier said. "It's totally different, it's intimate and a lot of university people come down, it's not a show, it's not a recital, it's not a concert, it's just fun."

Darrell Mullins, professor of communication arts at Salisbury University, attended Feature Friday along with his colleagues from the university to support his fellow faculty performing.

"We're all friends with some of the music faculty, and we wanted to come out and support them," Mullins said. "These performances are always high quality; I've never been to one of these that disappointed me."



Lee Knier performing at Feature Friday / Sofia Carrasco images

The evening was full of music, mingling and lots of applause starting off Feature Fridays the right way.

Next Friday will feature Danielle Cumming, a professor of guitar studies at SU, performing with her friends at The Brick Room. ■



Mary Angela Baker attends Feature Friday / Sofia Carrasco image

SU students aim to make a smaller impact

K.B. MENSAH / News editor

FOOTPRINTS--Sustainability efforts on campus both new and old were brought to the forefront on Sept. 10 as the Gulls Leave Small Footprints initiative kicked off inside the dining hall.

The event featured games, free gifts and the chance for students to make a pledge toward reducing the carbon footprint of the Salisbury University community.

Pledges involved simple lifestyle changes such as using a reusable water bottle in lieu of single-use ones and promising to walk short distances rather than drive.

Susan Noah, the assistant director of University Dining Services, said the idea for a campus-wide, multilateral sustainability initiative came from a similar program underway at the University of Maryland.

"It was a good program, it was a great idea. I thought we could really get the students engaged in the program," Noah said.

Rather than be the responsibility of any one group, the initiative is a collaboration between many groups and departments on campus. Any group that has any ideas for a more sustainable campus is welcome to join the campaign.

"We've had a couple meetings together, and everybody gets together in the room and we shoot around ideas and talk about some of the goals that we wanted to do with this project," Noah said. "In the meetings, we would talk about 'Who else do we think might want to get involved?' And so I'd get a reference from one person or another, and then I contact them. And then a 'Yes, we want to be involved,' and they'd come to our next meeting," Noah said.

Aysia Eskridge, a sophomore, is one of many students to pledge to make a change.

Eskridge found that most of the pledges were simple changes that any individual could attempt.

"It was like, cutting down on water use, electricity use, like cutting off lights when you're not in the room, or turning off the faucet when you're brushing your teeth. And also, recycling. They gave us the water bottle as, like, an option to use instead of waste," Eskridge said.

Her hopes are that SU's sustainability initiatives spread throughout the entire Salisbury community.

"I definitely think when it comes to water supply, energy use and of course, recycling is definitely something to consider in your routine," Eskridge said.

SU is no stranger to sustainability. The solar parking lot on campus generates over 750,000 kilowatt hours of electricity annually — enough to power three residence halls on campus.

Even before the Gulls Leave Small Footprints initiative, plans were made to help students adopt environmentally-friendly behaviors. The partnership was simply the evolution of SU's commitment to sustainability.

"When [University Dining Services] told us about this event, we were absolutely excited to partner with them in order to promote sustainability on campus and hope that people actually use these items and limit the plastic case that everybody uses in plastic water bottles," said Kate Harbaugh, president of the Student Organization for Activity Planning.



Students at Commons / Emma Reider image

"I think with our dining locations on campus, not the Commons especially — but like, Cool Beans and the Henson Cafeteria's little dining area, they have so much single-use plastic, and we can find a way to limit our plastic emission that would definitely help the campus. So, I don't know necessarily sustainable alternatives that are cost-effective for universities. But I think if we can find those ways, it'll definitely help," Harbaugh said.



Facult at Commons / Emma Reider image

Budget cuts/ from page 1

of student dollars," according to Public Relations Director Jason Rhodes.

SU administration said officials are reviewing some of it's budgeting practices in order to serve the student body better.

One big area of concern has been low-traffic operating hours at some facilities.

"You know, when you're making decisions, you have to look: if there are five people in an area, whether that be the library, the UFC, whatever - it doesn't make sense to keep the building open to pay those staffers to be there," Rhodes said.

According to Rhodes, part of the rationale behind hour cuts is to help better serve students and keep them safe with fewer operating hours.

"What the deans and department heads and vice presidents had to weigh was, is it worth staffing this extra position so that we can get the library staffed with security," Rhodes said. "Or do we need that elsewhere?"

Another reason behind the hour cuts is to better facilitate budgeting for repairs and replacement purchases. Like other public institutions, SU is required to set aside some of its budget for facility repairs and one-time equipment purchases.

"What has been done in previous years was all the offices got their budgets and whatever excess money was leftover, these other expenditures were taken out of that," Rhodes said.

But this made it easy for departments to potentially overlook their own maintenance needs.

By taking the maintenance money first, departments can be sure to address their needs as well as be in compliance with the University System of Maryland budgeting guidelines.

"Moving forward, to make sure that the university does have enough funding to cover these mandatory expenditures, that money is being taken out up front," Rhodes said.

SU still boasts the second most operating hours of any library in the USM system, behind only the University of Maryland, College Park.

The library is no longer open 24 hours except for the week before finals, closing at 2 a.m. and reopening at 8 a.m.

But some students have still been left in the dark.

Nina Nsiah, a senior and Community Health major who works at the library, thinks that little is being lost.

"Honesty, I don't think that the hour cuts are a problem because not a lot of people were using the 24/7 space," Nsiah said. 'It was honestly only about like five people, maybe four until finals times. Then it's jam-packed. So I really don't see it as a big problem."

But with the ever-rising cost of attending college, many students hope if something is being taken away, that at the very least, something tangible will appear in its place.

"I would hope that (with) the hours being cut, that money is going to be used to do something like better parking," Nsiah said. "Or another dorm since campus is really packed."

Julia Kwedi, a senior atmospheric science and multimedia journalism major,

"I feel like we are getting more students and freshmen coming in so that should be more revenue and more money tuition wise," Kwendi said. "So I thought things would be getting better and more improvements to facilities, so to hear about hours being cut is sad and worrisome." ■

Fulton students schooled on Internships 101

K.B. MENSAH / News editor

INTERNSHIPS – The idea of acquiring an internship can be daunting for students. Oftentimes, it's a student's first experience with employment.

With more and more employers seeking employees with workplace experience before they hit the job field, the race is always on for students to make the transition from the classroom to the field.

That is why internship fairs are so invaluable. On Sept. 11, outside of the Commons Dining Hall, the Fulton School hosted Fulton School Internships 101, an opportunity for students in the Fulton School of Liberal Arts to meet with internship coordinators, the Career Services staff and learn exactly how to obtain an internship.

Most students don't realize how many opportunities are just within their reach.

Augusta Viccellio, director of sales and marketing for Global Experiences, has found the prospective intern to be the best determinant if an internship will be right for them.

"There's some companies that we partner with year after year, but it really depends on this specific intern and what they're looking for in an internship," Viccellio said. "No two interns are the same. Their backgrounds aren't the same, and their interests aren't the same."

Not only do the interests of students wildly vary, the requirements to obtain an internship vary from program to program.

Some programs may require a specific class taken before an internship, and others may require a certain amount of credit hours.

Oftentimes, students don't know how to get an internship, or if they even need one to graduate.

"That's why we created this internship fair," Anello said. "It was kind of born out of a lot of students being confused on what they needed to do to get an internship and what the process was."



/ Emma Reider image

The key to finding that "perfect fit" internship? Be transparent about what you want in a career, Anello said.

"We do a lot of backwards planning through the advising process where, let's say you want this certain job, I'm going to be able to figure out internships for you," Anello said. "The sooner you come to an internship fair, even if you're a freshman or sophomore, we can figure out when you're going to take that internship and where you're going to take that internship."

Backwards planning is what allows so many students to attain their career goals and gain valuable experience at high-profile employers.

This is a big reason why SU students often intern at some of the most well-known companies and institutions in the world, but also make a big difference in the Salisbury/Eastern Shore community.

"Basically anything you can think of," Viccellio said. "Everything from small companies to big international companies like Edelman and Google, the Red Cross to small local companies."

"We had a student just go to NASA and do an internship," Anello said.

However, students still worry about landing that coveted internship.

For students seeking help in becoming a better internship candidate, the Career Peers program based in Career Services exists to make their application and resume as strong as possible..

Career Peers like Kirstyn Duggar, Johannah Cooper and Karen Jimenez are ready to help students at every step of their career development.

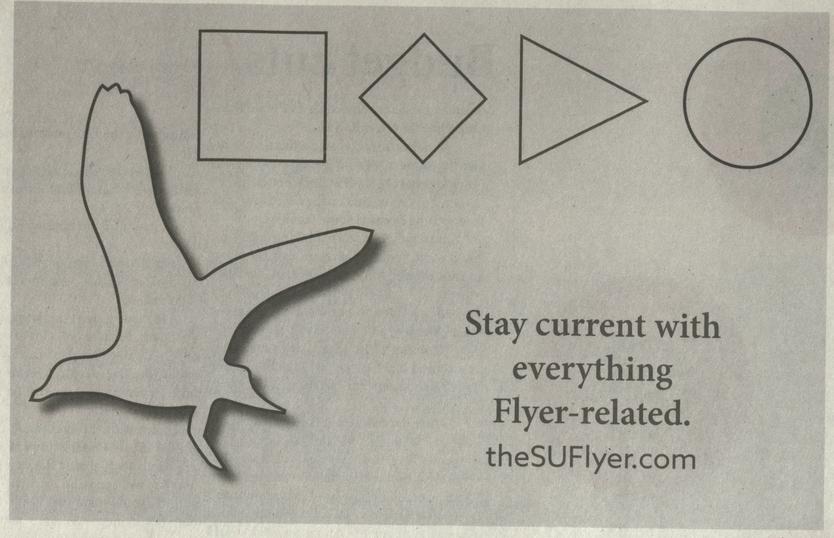
"We have different office hours, and we're able to review students' resumes and cover letters and then kind of help them find internships or opportunities here in the community," Cooper said.

"You want to get a student's perspective, because we're in their shoes," Duggar said.

The students in Career Services themselves remember what it was like to have little idea of how to establish a career.

"I want to be the student that I wanted to talk to when I came here to get the student aspect of what it's like to be in the Fulton School and to be a student of Salisbury University," Jimenez said.

Students seeking a Career Peer can visit Career Services inside the Guerrieri Student Union, Room 133. ■



Write for News

contact editor
K.B. Mensah
for information

'It Chapter Two' review: is it better than 'Chapter One'?

MELANIE RAIBLE / Editorial editor

With an 86% on Rotten Tomatoes, "It Chapter One" left some pretty big shoes to fill — even for a clown. Many seemed disappointed with the sequel, which came to theaters Sep. 6, and apparently, so did the movie critics.

Unlike the review "Chapter One" received, "It Chapter Two" couldn't quite compete with its 64%. However, despite the low rating, "Chapter Two" still managed to bring in great revenue for the box offices, racking up $91 million in ticket sales in North America alone. But even with great success in sales, "It Chapter Two" seemed to fall short of expectations.

Just like the first movie, "It Chapter Two" is adapted from the novel written by the infamous horror author Stephen King. The movie is written by Gary Dauberman and directed by Andy Muschietti. Unlike the first movie, however, "It Chapter Two" takes place 27 years later and features adult actors who play the grown-up versions of the original cast.

The original "It" follows a group of children and their experiences with a demonic clown named Pennywise during a summer in 1989. The movie consists of many graphic and horrific scenes that are not suited for those who have a distaste to blood, and especially ... clowns.

The sequel features the same trend of bloody and horrific scenes and has its fair share of pop-outs. Even though "It Chapter Two" features a surprise cameo from the book's author himself, King, it lacks the same nail-biting plot compared to its prequel.

Perhaps the biggest difference between the two are their running times. "Chapter One" has a running time of two hours and 26 mins, while "Chapter Two" has a stammering running time of two hours and 50 mins.

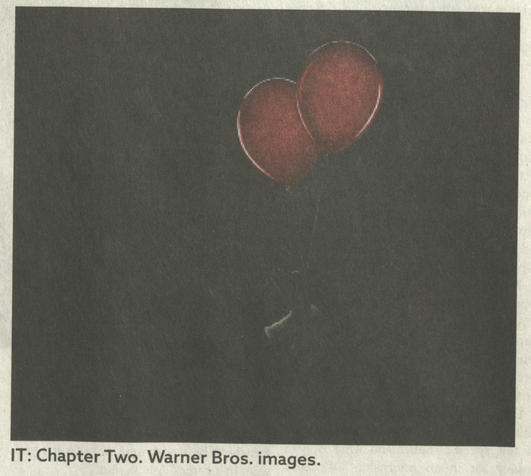
Salisbury University senior Madison Roberts shared another difference she noticed about the two movies.

In addition to the long-running time and the comical monsters, some students felt that the problem was the movie's plot itself. SU junior Cami Rogers felt that the plot in "Chapter Two" was too complex.

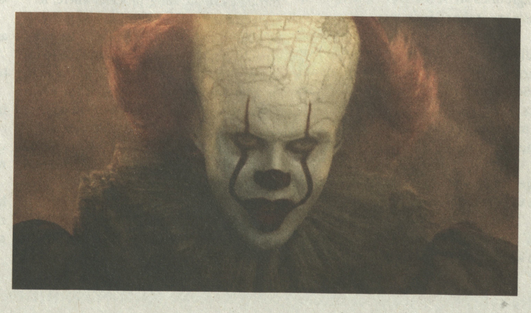
"I know it was following the book, but I just couldn't get behind the storyline. I felt like the director was trying too hard, and it [the plot] got a little bit confusing in some parts."

Whether you're a fan of the second movie or not, you can't argue with numbers. "It Chapter Two" may have been a flop, but it broke the record for the second-highest debut of an R-rated horror film ever, just behind the movie that preceded it, "It Chapter One."

The movie is projected to be on the big screen for the next few months, so if you're interested in seeing the sequel, "float on" over to a theater near you.



IT: Chapter Two. Warner Bros. images.



Pennywise from It / Entertainment Weekly

EDITORIAL

HIGHLIGHTS CONVERSATION AROUND JUULING / p5

The conversation around Juuling: Are we talking enough?

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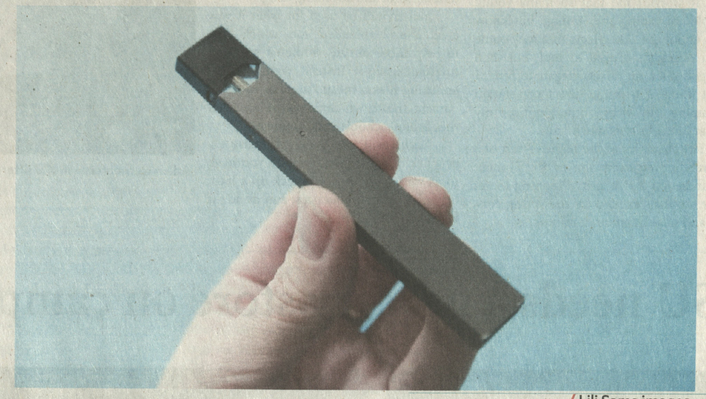
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/ Lili Sams images

MELANIE RAIBLE / Editorial editor

HEALTH RISKS – We've all heard the growing debate surrounding the act of Juuling and whether it's causing any sufficient harm to those doing it. However, after recent allegations from a young man and his family who claim that the Juul is what caused him to be hospitalized, the buzz has gotten sufficiently louder around the idea that Juuling isn't as innocent as we think it is.

Most people are familiar with what a Juul is, since it's by far the most popular brand of e-cigarettes — so much so that users of the USB lookalike have turned "Juuling" into a verb. Juuling is the term used for when a person is using a Juul.

Juuls are small and sleek vapes that can be easily hidden from parents and teachers, which is why many Juul users are underage high school students. One teenager in particular may have fallen victim to Juul's ugly side effects. The suburban teen, Adam Hergenreder, is currently being hospitalized and fighting to breathe due to a lung infection his parents say Juul is responsible for.

"My lungs feel like they're being crushed by 20 pounds," Hergenreder said in an interview with ABC News.

Hergenreder is in the intensive care unit of Advocate Condell Medical Center in Libertyville. The family took Hergenreder to the hospital after sudden symptoms accompanied by two days of uncontrollable vomiting. Although Hergenreder's lungs are expected to recover, he will have to undergo months of therapy.

Many Salisbury University students feel that the

Juuling risks / page 6

Write to the Editor

Letters to the editor are welcomed and encouraged. Students, please include your name and class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Please email your letter as an attachment to Editor-in-Chief Chase Gorski, or in person at Office 125-M in GSU's Student Activities Center (CSIL). Deadline for submission is Friday at 5 p.m. Please email letters subjected "Letter to the Editor."

Sofia Carrasco
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Editor-in-Chief



The Flyer image

Juuling risks

/ from page 5

side effects of Juul aren't being discussed enough. SU junior Katelyn Day is beginning to fear for her classmates after recent news stories around vaping, Juuling in particular, have flooded the media.change the name.

"It worries me that so many young people are vaping and Juuling, but know little about the side effects that may come from doing so. I used to Juul, but then stopped after my throat began to hurt. I don't know if it was a direct correlation to Juuling, but when I quit, I noticed my throat didn't hurt as much."

The changing of the name is part of a big rebranding campaign by the Student Organization for Activity Planning to get more students excited for the spring concert and raise attendance numbers.

Like Day, many people feel anxious toward the idea that there is little research conducted around the side effects that may derive from vaping, specifically Juuling. The best thing we can do is take what we already know and use it to our advantage. There is ample research that reveals using tobacco products is harmful, and although Juul Labs, Inc. claims to not use tobacco in its products, there is still a wide usage of nicotine, which is known to be a harmful and addicting drug.

Juul should be used for what it was created and intended for, which was to help those already addicted to nicotine quit using it. Instead, young people are using it as a means to fit in with the current trend, which is so widely seen throughout schools and campuses.

Cliché as it may be, just because everyone's doing it doesn't mean you have to as well. Next time you pick up a Juul, consider the consequences, and decide if it's worth rolling the dice. ◆



Adam Hergenreder in ICU after juuling accident / ABC News

SU needs a grocery store on campus



On-campus grocery store at Penn State/ Penn State images

LAURA AMRHEIN / Staff writer

GROCERY STORE – In need of a coffee, a bagel, a salad or a sandwich? Salisbury University's quick and convenient grab-and-go satellite dining locations have got you covered. How about peanut butter, a loaf of bread, toilet paper or a gallon of milk? Those simple items may not be quite so easy to find, at
least on campus. Though SU offers a variety of ready-made food to students that can be purchased with Dining Dollars, there is a lack of basic groceries and toiletries available to students on campus.

Junior Lauren Ruffaner agrees that the campus lacks access to basic necessities, especially since as a transfer student, a convenience store was something she had access to at her previous college.

"The most they give you is like, beverages and candy and salad maybe once in a while, pretty much basics. I actually transferred from a different school in North Carolina, and they actually had more of a convenience store, like [a] gas station kind of [store], and I actually said that they should have one of those here. It offered frozen foods and bread and just things that you would actually need," Ruffaner stated.

Because of the lack of access students have to basic necessities on campus, many students agree that a convenience-type store, such as the one mentioned by Ruffaner, would be a beneficial addition to Salisbury University. Students agree that such a store wouldn't need to be an entire grocery store, but instead could offer a few different food items as well as toiletries and medicines.

When asked what such a store should sell, Julia LaDuca, a sophomore, stated, "Basic necessities like milk [and] eggs. Toilet paper I think would be a big one, [and] toiletries like shampoos and soaps. It doesn't have to have tons of groceries, but it'd be nice to have, like, snack items and a few necessities, so you don't have to go to Walmart every time you run out of one thing.

One main reason that a convenience-type store would benefit students is due to the lack of transportation that many students have, which prevents them from being able to get to Walmart or a grocery store easily. LaDuca is one student who struggled with not having a car on campus her freshman year.

"This year, I have a car on campus with me, so I can go when I need to, which is nice, but last year, I didn't have a car on campus, which was a huge pain because I had to get someone to drive me, which means you have to coordinate with someone else, and it's not always convenient," LaDuca stated.

If such a store were put on campus, students agree that being able to use Dining Dollars at it would be most beneficial, especially because many students with one of the larger meal plans do not end up using all their Dining Dollars.

"Especially with the meal plan, I think people get, like, $500 for a certain meal plan, and that's enough to get groceries or things like that," junior Ashley Olortegui stated.

While Salisbury University does an excellent job with offering quick grab-and-go meals and snacks, the lack of basic groceries and toiletries that are available on campus needs to be addressed. By adding a store that sold such items, students both with and without a car would have easy access to all the items they need to feel right at home on campus. ◆

Five steps you should take if you're having problems with your roommate

MELANIE RAIBLE/ Editorial editor

ROOMMATE PROBLEMS – So, it's only a couple of weeks into the new school year and you already can't stand your new roommate? If you think you're having roommate problems, just know that you're not alone. 25% of college students report to have at least one bad roommate experience, according to a study conducted at Brown University

Students across Salisbury University's campus say that their top issues living with someone else stems from one or more of the following: borrowing personal items without permission, eating each other's food, messy living habits, poor personal hygiene, lack of respect for each other's personal space and an unwillingness to compromise.

If any of these issues are occurring in your dorm room, try not to freak out, because we've all been there. Here are the five steps you should take if you regret not signing up for a single.

Step 1: Communicate

It may sound cliche, but communication really is key. Try and sit down with your roommate face-to-face and respectively let them know the issues bothering you. Chances are, your roommate has their own list of things bothering them as well, and this is a good opportunity to lay everything out on the table.

Step 2: Set boundaries

It's important for any relationship for there to be boundaries. By creating certain boundaries, you and your roommate will better understand what both of you expect from one another, and there will be fewer disagreements. This could be having "quiet time" after a certain time at night, or

that guests can only stay over if you and your roommate discuss it beforehand. By coming up with some rules, you and your roommate are more likely not to step on each other's toes and get along better.

Step 3: Involve your RA

If talking one-on-one with your roommate is a no-go, then you can always get someone to mediate the conversation, for example, your resident assistant. RAs do more than just room checks. They are readily available to talk to, and can be helpful if you find yourself having issues with your roommate.

Step 4: Stick it out

It's important to understand that you and your roommate do not have to be best friends. Sometimes it's easier to just stick it out for a semester versus going through all the paperwork of switching rooms. Sometimes problems don't arise until halfway through the semester or even right toward the end. If you miss your window in filing for a different roommate,don't panic. It may be difficult sticking it out for a few months, but it'll make for an interesting story in the future!

Step 5: Switch roommates

If you end up deciding you don't want to stick it out, however, and you are in the window where you can switch roommates, go for it. Sometimes people just aren't meant to live with each other. It doesn't mean you aren't a good person for not wanting to work it out, it just means you know what you can and can't handle. Ultimately, you are at college for yourself, and you have to do what you feel will help you succeed. You don't have to burn any bridges, just keep it civil and move on.

Again, we've all had that one roommate who we just couldn't stand, but we survived and learned a valuable lesson, which is, you're not going to get along with everyone in your life, but sometimes you just have to get through it and put a lock on your mini fridge. ◆

25% of college students have at least **1** bad roommate experience

/ Amy Wojtowicz graphics

EDITORIAL

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GULL LIFE

HIGHLIGHTS NATONAL FOLK FESTIVAL RETURNS TO SALISBURY / p11

Salisbury University students spend the summer growing marijuana

GILLIAN VAN DITTA / Staff writer

MARIJUANA--As the 2019 spring semester came to a close, many Salisbury University students closed their textbooks and pushed thoughts of studies away.

But that was not the case for all SU students, for some took the initiative to dive into research projects ranging from marijuana growth to the effects of Juuling and more.

In an effort to share their findings, 50 SU graduate and undergraduate students gathered August 29 to present their summer research projects on the fourth floor of the Guerrieri Academic Commons.

President of SU Dr. Charles Wight opened the showcase with a few remarks regarding the university's highly acclaimed undergraduate research program.

Wight explained that the Maryland General Assembly has "recognized Salisbury University as a model for undergraduate research," as well as sharing that the university ranked 14th at the National Conference for Undergraduate Research held in Baltimore last spring.

After his opening remarks, Wight had the students switch off between odd-numbered poster boards and even-numbered poster boards to present in order for all the students at the showcase to be able to view their peers' work.

"I challenge myself to learn at least one new, really cool thing every time I attend a showcase like this," Wight said."I can't wait to see what these students did this summer."

Unlike most undergraduate research assignments, which take place over the school year, these students spent their summer break learning and writing about various topics.

SU junior Jessica Pierce was one of the 50 student presenters who shared her research with the near 200 attendees of the showcase.

Pierce focused her summer research project on cell repair. Specifically, Pierce conducted optic nerve repair in fish who were induced with diabetes, and she found her research to be difficult but rewarding.

"While [the research project] was a fulfilling experience, it was a little hectic getting it all done while balancing summer classes," Pierce said.

All of the students presenting on Thursday conducted their research under the mentorship of an SU professor who was an expert in each student's specific field of interest. For some, the project was a labor of love — a passion for research.



Sam Chisolm images

"I knew freshman year that I wanted to do research. So, when I found Dr. Clark, I knew that with their guidance, I could do it," Pierce said.

For others, the summer research opportunity provided a head start on their honors thesis.

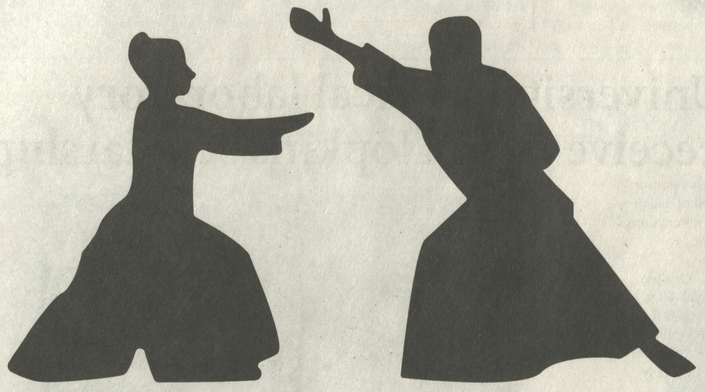
Senior Cassandra Parisi began her research project on the psychology of cigarettes to save time.

"It was something I was interested in, and I figured, 'Why not,'" Parisi said.

The research projects covered a variety of topics that spanned from elephant migration patterns to the impact on cranial nerve repair when diabetes is present to the significance of self-identification in human interaction.

Marijuana / page 10

Aikido Club brings Japanese martial art to SU



Amy Wojtowicz graphics

Allison Guy / Copy editor

MARTIAL ARTS – When someone says "martial arts," what is the first thing you think of? For many, images of violent confrontation come to mind. Martial arts have an association with physical conflict.

However, this isn't the case with all martial arts. Aikido, a Japanese martial art that has been around for decades, is a peaceful form of art, one that values self-defense above all else.

Freshman Payton Predmore, a potential aikido club member, said of the martial art, "Aikido is a really defensive martial art. It is used to redirect the force and movement of your attacker, and use it against them to either push them away or force them into a defensive position which they would not normally want to be in."

According to akidiofaq.com, aikido was invented by a man named Morihei Ueshiba in the early twentieth century. The martial art was first referred to as "aikido" in 1942, and it has grown ever since. It was also partially invented to circumvent Japan's ban on martial arts during World War II.

According to Mark DeSocio, professor of geography and geosciences at SU, aikido's founder had a few reasons for creating a new type of martial art.

"He [Ueshiba] wanted to do a martial art that was more conducive to aging, for one, but also one that was less violent," DeSocio said. "In other words, you didn't have to kill your opponent."

There's also an element of form and technique to aikido, one that onlookers may even find beautiful. DeSocio said that one of the important elements of aikido is "learning to cooperate with technique so you don't get hurt." Predmore, too, said of aikido, "It's a very graceful martial art, and one a lot of people are overlooking, I believe."

DeSocio added that most fights are typically between family members or friends, people whom you don't necessarily want to hurt, and that Ueshiba "basically wants to create a martial art that's much more harmonious than destructive … so that's why it's called 'the art of peace.'"

The driving force behind aikido's presence on SU's campus is none other than DeSocio, who himself studies aikido, and has been doing so for many years. He first became interested in aikido when he saw a demonstration of the martial art in Hawaii in the 1990s.

While the club is not yet a recognized student organization, its potential startup has been met with excitement from SU students. DeSocio said of the students, "They were very enthusiastic."

Predmore is interested in aikido due to its self-defensive nature, as well as his desire to simply try something new. "The thought of a self-defense club … really interests me, and I feel like there would be a great community around me, that sort of thing … It's just something I've always wanted to do," Predmore said.

Though the potential club doesn't have an official meeting place or time just yet, DeSocio stated that he would like the club to meet tentatively Mondays through Thursdays from 5 to 6:15 p.m.

He also noted that students would not need to attend every meeting to be a part of the club. Interested students can contact DeSocio at mxdesocio@salisbury.edu.

Marijuana/ from page 9

However, among the 15 research projects presented, one particular project stood out for its unconventional, and somewhat controversial, area of research.

Seven SU students — Kevin Auerbach, Sam Chisholm, Sara Collins, Jamie McBain, Josey McGoldrick, Audrey Schirmer and Nina Sedrakyan — presented a project on industrial hemp production.

Not only did they present a project on growing hemp, they brought two fully grown marijuana plants to aid in their explanation.

Now, it's not every day that you walk into a university-sanctioned event — with the president in attendance — and smell marijuana in the air. Needless to say, the poster stand was crowded with curious onlookers for the duration of the event.

At any given point, five to 15 onlookers could be found waiting eagerly to find out how these students could bring marijuana plants onto the campus, and how they could have incorporated them into their research.

The seven students spent their summer growing hemp plants to see if there was a way to grow the crop in a manner that would result in a higher bud count, higher levels of CBD and lower levels of pests in the state of Maryland. Should this be possible, it would allow for the industrialization of marijuana in the state.

Their results showed a positive trend toward industrialization; however, further research still needs to be conducted.

Controversial plants and all, the 2019 Summer Student Research Showcase allowed all the student presenters a chance to show off their hard work, and all attendees a chance to learn something new.

GULL Life

Three Salisbury University medical laboratory science students receive John Hopkins scholarship

ANNIE GEITNER/Staff writer

SU--As Salisbury University students were out enjoying their summer break laying by the beach, working in Ocean City or traveling the world, there were three SU students in particular who were anxiously waiting to hear if they had won an award that would offer them great opportunities.

SU seniors Brittany Lyon, Dorothy MacLean-Blevins and Jessica Thoericht were three of four medical laboratory science students who received the Tuition Scholarship Award that is given out by the John Hopkins University Department of Pathology every year.

The award consists of a tuition subsidiary amount of $5,000 and a chance to work at a John Hopkins lab in Baltimore. The awardees will have to go through the job application process, and selection will be based on what area in the field they wish to work in.

This prestigious award was given to three SU seniors, and they accredited their skills and knowledge to the medical lab science program and staff here at school.

"The med lab science program here is extremely rigorous, and I think doing well in that program will set you up for anything," MacLean-Blevins said.

Lyon went on to add, "Our professors are super helpful. I know they went over our packets for us, helped make sure everything was in line, wrote us letters of recommendation. They are definitely always there to help."

Not only were the professors and staff supportive of these three girls, but so were the other 13 students in the program, according to Lyon.

"I think everyone is really supportive of each other because everyone has their own goals with the major, so I think everyone was really excited for us," Lyon said.

The three girls found out that they had won in late August before school had started.

Thoericht chuckled as she recalled receiving her congratulatory email.

"I woke up and got an email two seconds after and was reading it, but still half sleeping," Thoericht said. "So, I ran downstairs and was like, 'Can you read this?' to my mom, and she said, 'Oh my god, you got it.' I was still half-sleeping and I was like, what is going on."



Lyon, MacLean-Blevins and Thoericht / Christina Camillo image

Lyon remembers crying after hearing the news. All three recall being in utter disbelief that they had received such an amazing opportunity from such an amazing hospital.

As these seniors go through their last year here at SU, there are many exciting things to look forward to after walking across the graduation stage.

For Lyon, she is most looking forward to the possibility of working at John Hopkins.

"You think you have it figured out and then, oh, surprise, you have a job," Lyon said. "So, I think I plan to go work at Hopkins for a year. Gain all the knowledge, gain all the experience they can give me."

Similarly, MacLean-Blevins said she is eager for the opportunities that may arise out of a job at John Hopkins.

As the girls reflected on the overall experience, they stated that this never would have happened if they hadn't put themselves out there and applied for it.

Thoericht talked about not having regrets when it came to seeking out opportunities.

"It's better to go and do something than regret that you didn't later," Thoericht said. "Try your hardest, your hardest is always the best you can do, and just go for it."

Salisbury University brings campus culture to the 2019 National Folk Festival



This year's National Folk Festival yielded nearly double the turnout as last year. Pictured members of the crowd enjoy a selection of exotic foods/ Ryan Lacaruso image.

ANNIE GEITNER / Staff writer

FOLK FESTIVAL--A festival full of diverse 21st century American culture visited Salisbury for the second time in two years the weekend of Sept. 6.

The National Folk Festival made an appearance downtown for its second year in a three-year hosting contract with Salisbury. The traveling festival offered three days filled with 350 diverse artists, delicious ethnic food and a glimpse into Maryland folk life for local residents.

Not only was there music and food to be enjoyed, but there were also folk demonstrations going on all day. Coiling clay lots and creating streamers were two activities that could be enjoyed by people of all ages.

Not only does the folk festival bring an abundance of enriched cultural experiences to Salisbury locals and visitors, but it also brings with it an economic boom. The festival encourages local businesses to come out and participate in the festival as well.

Angello's Scoops had its grand opening on Friday during the NFF. The festival provided a prime opportunity to reach natives of the city and get them excited about a new ice cream parlor downtown. Lines were out the door as people stopped in to try the newest treat in Salisbury.

This is exactly what the National Folk Festival hopes to do; they are aiming to contribute to community revitalization by bringing people together to have a good time in the place they live.

The success of these community revitalization efforts is notable. The festival experiences a double to triple attendance increase every year as well as an economic impact range from $15-30 million.

This year's festival estimated a grander turnout than last year, with nearly double the amount of people in attendance, according to Delmarva Now.

This event is not only for Salisbury locals, but is also a great opportunity for students at Salisbury University to enjoy an event outside of campus. Senior Nigel Robinson enjoyed the opportunity to discover new genres of music.

"Different music this year," Robinson said. "I saw gospel yesterday and I also saw some, like, Louisiana Cajun music, someone on a violin and cello jamming. So that was pretty awesome."

The festival is unique every year in the sense that the artists never repeat during the three-year stay in the city. This offers attendees a totally new and fresh festival experience every visit.

NFF and SU have been working hand-in-hand for the last two years. The event is heavily advertised on campus, and students seem to be taking notice of that. Junior foreign exchange student Abbie McKenzie said she heard about the event from an advisor.

"I heard about it from my advisor of study," McKenzie said. "We went in, he speaks to every exchange student, talking about what classes to take, and he told us all about what was going on. We also heard about it from a couple of friends who are from America."

Students and alumni alike bearing SU gear can be seen all throughout the event. The festival offers a fun weekend get away from the hustle and bustle of normal campus life. The folk environment is inviting to locals, visitors and students alike. SU junior Joonas Alliksar commented on the inviting feeling the event gives off.

"It's very American," Alliksar said. "There's a lot of people, everyone seems very happy and it's a very friendly sort of vibe going on."

For the second year in a row, the folk festival headed out of town, leaving the Salisbury community members feeling more culturally connected to its roots as well as exposed to new types of music, food and experiences.



Internship fair / Emma Reider image



Commons table event / Emma Reider image

STUDENT LIFE



SU field hockey game Sept. 18/ Emma Reider image

Salisbury University celebrates Hispanic Heritage Month with dance

CAROLINE STREETT/Gull life editor

DANCE--As 25 people in the Salisbury community — from strangers to family members and couples alike — gathered in Holloway Hall Sept. 14, energy radiated off the walls, and people bonded over the shared language of dance.

Like an episode of "Dancing with the Stars,"attendees of the Latin Dance Workshop were instructed by Pro-Am champion and Latin dancer Joey Corsica in the arts of salsa, cha cha and merengue.

Corsica was assisted by professional salsa dancer Stephanie Nuñez. Nuñez conveyed her passions for the act of dance and the art of teaching dance, highlighting that it is more than just movement — it is expression, and it is a way to speak beyond just words.

"I love to dance because I feel it is the way in which I express myself in the best way ... it's where I feel the most free, where I feel at home," Nuñez said. "And I like to teach people because I think expression is very important, and being able to find different modes of expression other than language is really important, and our bodies have a lot to say."

The event, hosted by Salisbury University's Office of Cultural Affairs, was in part made possible by a grant from the Salisbury Wicomico Arts Council awarded by the Maryland State Arts Council and the National Endowment for the Arts.

Inspired by Corsica after seeing him teach a Latin dance class this summer, SU's Director of Cultural Affairs June Krell-Salgado said she "just knew [she] needed to bring him to SU."

Krell-Salgado felt the event was a success and hopes to have Corsica come back in the spring for another lesson, possibly outside in Red Square.

Krell-Salgado explained that the Latin Dance Workshop was the office's kickoff event for a year-long celebration of Latin America, as well as the kickoff event for Hispanic Heritage Month.

"I think it's a wonderful way to be participatory," Krell-Salgado said. "You know, you can go and observe something, but this allows you to actually try it and learn something."



Professional Latin dancers Joey Corsica and Stephanie Nuñez led 25 Salisbury community members to salsa, cha cha and merengue. Photo by Caroline Streett.

The event consisted of the teaching of various steps from a number of Latin dance styles along with some historical background on where the moves originated from.

Some of the dances were individual and others required that attendees partner up — often with a complete stranger to learn as a team.

In his teachings, Corsica emphasized a need for trust in your partner, but more importantly trust in yourself.

"People tend to be freaked out by this move and think they are going to fall into a black hole if they fully let themselves fall," Corsica said. "Just trust that the ground will be there when you step."

By an hour into the event, strangers became dance partners, and smiles radiated from members of the crowd as they swayed their hips to the rhythm of the vivacious Latin tunes.

Corsica was extremely patient in his teachings and revealed that in his advice to anyone wanting to learn dance.

"I would say if you can do it slow, you can do it fast," Corsica said. "When you're learning, just do it slow first and don't try to rush those steps."

SU senior Samantha Koehler attended the event solely out of boredom, but left feeling confident, happy and informed with new knowledge of a culture she formerly knew little about.

Koehler attended the event with her parents, Lisa and Keith Koehler, who also were looking to do something fun on a Saturday night.

In regards to what Koehler felt she gained from attending this event, a toothy grin spread across her face as she said simply, "Self confidence."

Salisbury University Indies Club brings students together through board games

CHARLOTTE RUSSELL/ Staff writer

Salisbury University Indies Club, the self-described "nerd club," held its weekly game night Sept. 12.

The meeting began with banter and bursts of laughter from the group. Even after a long day of classes, there was high energy from all of the members.

President and SU junior Grace Burton began the meeting by welcoming everyone and telling them about the group's online Discord for them to communicate through. She emphasized the importance of being kind during the meetings and on the Discord.

"If you're looking for a close group of friends to learn more about an exciting new field and play games while you're at it, this is the club for you," Burton said.

On the tables were a variety of board and card games. "Shady Agents," "Spyfall," "Coup," and "Deception: Murder in Hong Kong" were some of the featured games. Players quickly immersed into the games, going over rules and positions.

"Shady Agents," run by SU junior Jordan Welch, echoed the idea of friendship by having players answer questions and disclose their secrets in order to advance their mission as an Operative or Defector. The only catch was that they wouldn't know until the end of the game whether the stories were true.

There was never a quiet moment in the room. Each group roared with laughter and conversation throughout the night.



Logan Stuchlik shares stories from his past as a Boy Scout in order to advance in the game "Shady Agents," while Eli Rush listens. Photo by Charrlotte Russell Images.

"Joking around with everybody is the best part, especially when we're in large groups," Welch said. "Every person seems to come here with the same goal, which is to have fun and make connections."

SU Indies benefits members by helping them academically and socially. It has become a support system for aspiring game designers and those who simply love to game, according to Burton.

"I can explore my passion for game development in a room of people with the same interests and goals," Welch said. "We try to be accepting of everybody, so there's no elitist vibe here."

Each semester, the club holds meetings where members discuss not only how games are made, but also why some of the decisions are made in games, according to SU junior Logan Stuchlik.

"We're looking for people who have an interest in gaming not only as a hobby, but as an artistic endeavor," Stuchlik said.

According to Welch, computer science majors would have an advantage by being in the club in order to share their ideas and build a network of other gamers and game designers.

"There are multiple aspects to gaming, including storytelling, programming and art," Welch said. "This club allows us to explore what we appreciate the most."

This club takes the time to explore everyone's interests in gaming. Some are focused on the art, while others are passionate about programming.

"This club caters to aspiring game developers," Stuchlik said. "It provides a unique space where creativity is allowed to flourish."

Common interests built the club, and friendship keeps it together. SU sophomore Eli Rush described the club as a family.

"Being able to come here and be surrounded by like-minded friends that can accept me and my nerdiness is my favorite part," Rush said.

Burton is looking to build membership in the organization and make the club more recognizable.

"I want to make the SU Indies more prominent and distinguishable on campus," Burton said. "I want us to have an important role.

SPORTS

HIGHLIGHTS MENS SOCCER BOUNCES BACK INTO THE SEASON / p14

Jack vs. Jack: Examining the SU quarterback battle

DANIELLE TYLER / Staff writer

FOOTBALL – Salisbury's football team has a great problem at the quarterback position: two strong candidates for the starting job, both with unique talents and skills that they bring to the table.

This is the battle of the Jacks.

Junior QB Jack Navitsky is a dual-threat quarterback from Shrewsbury, N.J. Navitsky transferred to Salisbury in 2017 due to not seeing a lot of playing time at Marist College, a Division I school in New York

In high school, Navitsky broke several records at Red Bank Regionals Stadium. He threw for around 1,200 yards and 16 touchdowns and rushed for over 900 yards in his final two seasons for Red Bank.

Junior QB Jack Lanham was one of four commits from Calvert High School in 2017. In his last high school season, he completed 51 of 96 passes for 740 yards and four touchdowns.

When Navitsky transferred to Salisbury, he was the established backup quarterback behind Lanham.

However, Navitsky would quickly see game action, as Lanham broke his wrist in the second game of the 2018-19 season against Kean University. Navitsky was able to lead his Sea Gull squad to a 28-0 victory.

The position would not remain stable for long, though, as Navitsky would go down with an injury later in the season.



Lanham drops back to pass the ball downfield/ Brendan Link Image.

This season, both quarterbacks are uncertain about the quarterback battle and where they stand.

Navitsky suited up with the ones in the season opener against Albright College, leading the Sea Gulls to a 63-28 victory. Navitsky had five completions for 112 yards and three touchdowns.

Navitsky said that he saw his offseason work manifest in the season opener. He was excited to see his hard work pay off in the Albright game.

"I see a big change, which obviously we're happy about, but just have to see, and take it week by week to see if it continues, which I think it will," Navitsky said.

Lanham also got some playing time against the Lions, with which he ran the ball six times for 27 yards and completed one pass for seven yards.

Jack / page 15

Pocomoke native Dom Farrace continues to shine for SU field hockey

NICK LEWIS / Sports editor

FIELD HOCKEY – Dom Farrace has shined as the starting goalie for Salisbury University's field hockey team. Farrace has allowed just three goals while recording 10 saves, boasting a 0.55 goals against average through six starts.

Farrace's success began long before her time with Salisbury, but just over thirty minutes away from campus.

Farrace played high school field hockey at Pocomoke High School. She was thrown into the fire in the cage, as this was her first experience playing field hockey.

She quickly fell in love with the sport and began devoting more and more time to improving her game.

The Warriors made a historic run when they captured the MPSSAA 2015 1A State Championship in Farrace's junior season. She collected several honors in her senior campaign, including Bayside South Goalkeeper of the Year, while allowing just over two goals per game on the year.

Pocomoke High School's field hockey team was forced to part ways with Farrace, their star goalie and a team leader, when she graduated from the school in 2017. She would not stray far from home, though, joining Salisbury University's field hockey team the following year.

Farrace said that the atmosphere of the team and the campus were main factors in her decision to attend Salisbury University.

"Just being here on this campus really gave it the family feel, like Pocomoke High School had," Farrace said.



Farrace slides to make a save vs. Tufts on Nov. 11, 2018 / Marshall Haas Image.

Farrace began her collegiate career sitting behind established goalie Tressie Windsor for the 2017 season.

Windsor finished her impressive college career with a strong senior performance, recording a 0.81 GAA in the campaign while making 67 saves.

Head coach Dawn Chamberlin said the time sitting behind Windsor helped her grow as both a player and a leader for Salisbury.

"Dom came in playing behind one of the best goalkeepers in the country, so she got an opportunity to work hard and see what it was gonna take to play at that level," Chamberlin said.

The 2017 season ended in a 2-1 overtime loss to Trinity College in the NCAA Tournament. Going into 2018, Farrace was named the starter in goal for the Sea Gulls.

Farrace had large cleats to fill with the departure of Windsor. She met all these expectations and more in her sophomore season.

Starting 19 games for the Sea Gulls, Farrace posted a 0.64 GAA with 50 saves and seven shutouts on the season. Salisbury finished the season with a 17-3 record, going 5-0 in the Capital Athletic Conference.

However, the season carried a bitter end for both Farrace and for the Sea Gulls.

After a convincing overtime win over Washington & Jefferson College in the second round of the NCAA Tournament, Salisbury faced off against Tufts University. A victory would have sent the Gulls to the national championship weekend.

The two defenses showed out, as the game went scoreless for 90 minutes of play. The game went to a shootout, with the Jumbos ultimately taking the win

The Sea Gulls came into 2019 ranked seventh in the National Field Hockey Coaches Association Preseason Poll. Chamberlin has a strong core of veteran leadership to lean on going into this year, with most of them gaining experience from last year's tournament exit.

Chamberlin said that in addition to her on-field abilities, Farrace's leadership has helped push the team forward as a whole.

"She's coming in here as one of the top-ranked goalies in the country, and she hasn't let us down yet," Chamberlin said. "Not only is she doing what she

Farrace/ page 14

Salisbury men's soccer thrives after opening loss

BRENDAN STARK / Staff writer



Senior defender Alex Eiben prepares to send the ball upfield/ Brendan Link image

MEN'S SOCCER – Salisbury University's men's soccer team had high expectations entering the 2019 season after finishing third in the Capital Athletic Conference and securing an 11-4-3 overall record.

However, the Sea Gulls opened the season with a 2-1 loss to Carnegie Mellon University.

The Tartans got off to a fast start, notching two goals in the first fifteen minutes of the match. Salisbury tallied a late goal from freshman forward George Fotiou, but the comeback ultimately fell short.

This was the third straight year the Sea Gulls started off the season 0-1 after an opening day loss in Salisbury's Elmer Lord Tournament. Senior defender Alex Eiben felt that this year's loss stung the most.

"I think this [year's] is a little more upsetting because we have a pretty strong back line and pretty strong team that was returning," Eiben said.

After falling short to the Tartans, head coach Alex Hargrove believed the Sea Gulls' locker room was hungry and determined to come out the next day and get back into the win column.

"It was a disappointing loss that we suffered that Friday, and the guys were motivated to come out and make a statement in the next game," Hargrove said.

The Gulls have since gotten back to reaching the high expectations they set for themselves last season with a string of impressive wins.

Bouncing Back

Following the loss, Salisbury defeated Gallaudet University in day two of the Elmer Lord Tournament 7-1. Seven different Sea Gulls scored in Salisbury's dominant win over the Bison.

Eiben said the team was able to refocus and effectively execute its game plan vs. Gallaudet.

"After [the Carnegie Mellon loss], we knew what we needed to do, we knew where we messed up," Eiben said.

The Sea Gulls were able to get a statement win that, in the eyes of junior forward Dolph Hegewisch, put the entire nation on notice.

"The guys were ready to bounce back the next day and show what kind of force that we are," Hegewisch said. "We're here to compete for a national championship and a conference championship, we looked strong and [the Gallaudet] game set the tone for the season."

After Salisbury split the Elmer Lord Tournament, the Sea Gulls would begin a three-game road trip, starting at Neumann College.

The Sea Gulls secured a 3-1 victory over the Knights, with junior midfielder Dolph Hegewisch scoring Salisbury's first two goals. In addition to his two goals scored at Neumann, Hegewisch has a team-leading five assists on the season.

Hegewisch credits his teammates' ability to get good shots on goal and the team chemistry to the early success of Salisbury's offense.

"[My teammates] have been getting into good spaces, which makes it very easy for me to create and lead up to a lot of goals," Hegewisch said. "We've been playing together for four years, and it's finally starting to come together."

Freshman goalie Ryan Miller, who notched his first career win over Neumann, said having the consistent Sea Gull offense in front of him has helped bolster his confidence and the confidence of the rest of the defense as well.

"I think it has a really big impact on not only myself, but Seth [Walter, Alex] Eiben, [Matt] Makenzie, knowing that we have a strong offense in front of us," Miller said.

After two straight wins, the Sea Gulls headed across the Chesapeake Bay to St. Mary's College of Maryland for the Seahawk Classic. Salisbury started the tournament by facing Kean University, whom it would top 2-1.

While down 1-0 at the half, Salisbury switched formations in the backline. This switch helped the Sea Gulls hold the Cougars scoreless in the second half.

Junior defender Luke Ahalt and senior midfielder Matt Hawkins scored second-half goals to complete Salisbury's comeback, keeping the win streak alive. Miller said that the formation switch helped the Sea Gull defense click.

"I think that we're more comfortable out on the field," Miller said. "[Our backline] switched formations in the Kean game, and it has been working really well for us."

Eleven players have scored a goal for Salisbury this season. Junior forward Josh Woozley leads the team with three scores on the season, and he tallied two in the Sea Gulls' next contest, a 4-1 victory over Bridgewater College.

Hargrove believes that continued hard work and effort on the practice field will carry over to improved play and more victories for the Sea Gulls.

"We got to make sure these guys are coming into practice playing and competing at a high tempo, finding the back of the net and are coming out and giving that

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Farrace

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needs to do on the field, she's also been a really strong leader, and that just makes her a better player overall.

Farrace ranks 28th in Division III with a 0.55 GAA through six games this season.

Chamberlin said that having Farrace's ability to relay what she sees on the field helps the Sea Gull defenders be more attuned to the game as well.

"She's the anchor of our defense," Chamberlin said. "She's vocal, she sees the field and she's able to communicate what needs to be done.

The Salisbury defense has had an impressive season so far, as it has allowed just one goal-per-game through eight games this season.

Farrace credits her defenders for helping her develop as a player and become the goalie she is today.

"It wouldn't be the same without my defenders. They help me through the week and push me to save the hard shots and even the basic shots," Farrace said.

The best athletes tend to follow a routine when getting prepared for game day. Farrace is no different, and she said that this helps her get mentally prepared for each new opponent.

Farrace also said that going beyond practice to get extra reps on the field has helped her grow in the position and be more prepared physically to handle each contest.

"Prepping throughout the week, I make sure I have a routine, like eating the same things, even coming out early during practice if I'm not feeling warmed up or ready and get in some extra work," Farrace said



Farrace calls out adjustments to the Salisbury defenders /Emma Reider image.

The Gulls currently sit just second behind University of Mary Washington in Capital Athletic Conference with an undefeated record. The offense has started the year in a rhythm as well, currently averaging 3.5 goals per game.

As the season progresses, Farrace hopes to continue helping Salisbury hold down opposing offenses and growing her role as a team leader. She said if the team continued to play together as a unit, then the results would work themselves out.

"Personally, I want to get as many shutouts as possible, but also just being a team player and pushing the girls on the field," Farrace said. "I think we need to be as close as possible and really just play as hard as we can on the field together."

Navitsky/ page 13

Head coach Sherman Wood said that Navitsky played a significant role in Salisbury's season-opening win.

"Early on in the season, Navitsky had provided us that type of flow, during camps, during practices and leading up to the Albright game, everything was pretty good," Wood said. "It was a big deal.

Wood expressed how the two QBs are equal in his mind, not in how they play, but in the value that they bring to the team.

"Navitsky is quick, I would say, he knows how to make a person miss," Wood said. "Lanham is tall, and will go straight at you, which sometimes you don't like in your quarterback, but that's just who he is."

Wood said that Navitsky has a certain finesse to his game, but it was a finesse that proved to be ineffective against the Titans' defense. This was a large factor prompting the switch

Wood said that Lanham's size and mechanics give him more upside as a passer, while Navitsky is the more athletic of the two quarterbacks.

Lanham said that starting the game on the sideline helped him understand what the Wisconsin-Oshkosh defense was running and how to beat it.



Navitsky carries the ball left on a triple-option play/ Brendan Link image.

"Seeing the game from the sideline at first made it a little easier to go in," Lanham said. "I was able to see what Oshkosh's defense was running and seeing how my teammates were responding. I feel like I handled it well.

Following the cancellation of the Central International scrimmage, the Sea Gulls will not return to action until Oct. 5 when they travel to Montclair State University for their third game of the year. Currently ranked No. 23 in the D3football.com Top 25, Salisbury will continue to search for "the guy" under center.

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same positive energy they've been given inside those white lines for 90 minutes on match day," Hargrove said.

Salisbury's defense reached a new height on Sept. 14 as it recorded a shutout win over Virginia Wesleyan University, 1-0. Fotiou tallied the eventual game-winner in the 76th minute, pushing the Gulls to their 5-1 record on the year.

Miller saw time again in this game due to an injury sustained by sophomore goalie Ashton Carey. He credited the team's preparation for its ability to step and perform well against all different types of opponents.

"We always go into every game ready to win, no matter if we're playing the top team in the country or the last team in the country," Miller said.

Hargrove credits his offense's ability to produce consistently as a key factor to its success as the season continues.

"Those guys are running the show right now," Hargrove said. "There's not a whole lot of coaching to do with our offense; it's about getting them out there, making sure they're seeing the back of the net throughout the week and putting them in positions for them to create success themselves."

NOTABLE UPCOMING SPORTS EVENTS:

MEN'S SOCCER VS MARY WASHINGTON
WED OCT. 2 (4 p.m.)
VOLLEYBALL VS MARY WASHINGTON
WED OCT. 2 (7p.m.)
CROSS COUNTRY AT WINTER PLACE PARK
SAT OCT. 5 (9 a.m.)
WOMEN'S SOCCER VS YORK
WED OCT. 9 (4 p.m.)
FOOTBALL VS WESLEY
SAT OCT. 12 (1 p.m.)



Q&A: Sports Information Director Cyrill Parham



Parham works on live statistics during a field hockey game/ Emma Reider image.

NICK LEWIS/Sports editor

Cyrill Parham is the sports information director at Salisbury University. He was hired this summer after longtime SID Tim Brennan accepted a different role with the university in the spring.

Parham received his undergraduate degree from Thiel College in 2014. He worked the next two and a half years as a full-time assistant for the college while working toward his graduate degree.

A native of Cecil County, Md., Parham had significant interest in the sports information director position at Wesley College when it became available. This became his first head job and led to his current role with Salisbury.

The Flyer had the chance to sit down with Parham and discuss his career, adjusting to his new role and what he looks forward to this year.

Q: What did you learn from your experience with Wesley?

A: It was great. I learned a lot working as a one-man shop for 19 teams there, especially with high-profile football, track and field and other successful teams. It really gave me a lot of experience running my own shop.

Q: What attracted you to the Salisbury job?

A: It's still close to home, and it's a very known institution with a national reputation. The athletic department is phenomenal. All the sports contend for deep postseason runs, so it's good to be involved in that. I have a good staff, SGSN [Sea Gull Sports Network] is amazing and I wanna keep this momentum going once I finally get some games under my belt here.

Q: How have you handled the transition to Salisbury?

A: It's been good. I'm learning a lot of different things in terms of procedures and getting to know everybody, with a new staff on the sports info side. A lot of it I've already dealt with in the past, it's just getting used to it in a new place. Learning faces, peoples' strengths and weaknesses and I enjoy that. I like building relationships that way; I'm more of a hands-on kind of leader. The past two months have been a little bit of a whirlwind, but I'm taking every day in stride.

Q: What are your main responsibilities as the SID?

A: They change daily. It's getting ready for game day, doing a lot of behind-the-scenes work with awards nominations, social media, marketing, publications and game operations. It's mostly behind the scenes, but the work is crucial to keep the wheels turning for the department. Not every day is the same, which I like. You're all over the place, which I think is exciting.

Q: What are you most excited for this year?

A: Just getting to know everybody. There's a knowledgeable returning staff on the SGSN side, but it's a brand-new staff on our side. It'll be an interesting balance of trusting the veterans in leading the charge on the video side, but also teaching the rookies to become veterans on the sports info side. There's gonna be a lot of new things coming down the pipe in the next couple months, especially the new website coming in the next few months and the new streaming platform debut. It's an exciting change, and I feel it is a necessary change for Salisbury to continue positive momentum going into NCAA Tournament play. Going forward, my thing is to try and win every day.

Write for Sports

Contact editor
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for information